

## CLAIMS

1. An exercise device comprising:

a pair of body-worn portions having a pair of annular parts to be worn on foreparts of limbs and a pair of gripped parts connected with the pair of annular parts, respectively, so as to be gripped between fingers; and

a stretchable connection member made of an elastic material by which the pair of body-worn portions are connected together.

2. An exercise device comprising:

a pair of body-worn portions having a pair of annular wristband parts to be worn on both wrists and a pair of grip parts connected with the pair of wristband parts, respectively, so as to be grasped with hands; and

a stretchable connection member made of an elastic material by which the pair of body-worn portions are connected together.

3. The exercise device according to Claim 2, wherein the connection member is connected to the wristband parts so that a connected point of the connection member with each of the wristband parts can move in a circumferential direction of the wristband part.

4. The exercise device according to Claim 2 or Claim 3, wherein the connection member is a cloth band stretchable in a longitudinal direction thereof, and is annularly sewn so that the connection member can pass through an inside of each of the pair of wristband parts.

5. The exercise device according to Claim 4, wherein the connection member is sewn from synthetic fiber fabric.

6. The exercise device according to any of Claims 2 to 5, wherein the wristband part is annularly sewn from a cloth band stretchable

in a longitudinal direction.

7. The exercise device according to Claim 6, wherein the wristband part is sewn from synthetic fiber fabric.

8. The exercise device according to any of Claims 2 to 7, wherein the grip part has its both ends fixed to two positions, respectively, of the wristband part.

9. The exercise device according to any of Claims 2 to 8, wherein the grip part is sewn from synthetic fiber fabric, and has its both ends sewn on two positions, respectively, away from each other of the annular wristband part.

10. The exercise device according to any of Claims 2 to 9, wherein the grip part is made of a material thicker and harder than the wristband part.